

Class Descriptions

LesMills BodyPump- This workout challenges all of your major muscle groups while you squat, press, lift, and curl using free weights/plates, barbells, and an aerobic step.

LesMills BodyFlow- A low-impact workout combining yoga, tai chi, and pilates. BodyFlow builds flexibility and strength while leaving you feeling centered and calm.

LesMills Sprint- This class is best described as a high intensity but low impact spin class. If you want the feel of a HIIT class without all the jumping, this is for you. It focuses on strength, power, and sprinting all on the cycle.

Barre Above- A totally unique approach to barre workouts! Fusing the best of pilates, yoga, aerobics, and elements of strengthening exercises seen in dancing. Barre Above provides a results driven workout that is not only fun and dynamic, but will sculpt your body and get you into absolutely amazing shape!

Boxing Circuit- This class combines basic boxing fundamentals, plyometrics and high intensity interval training to boost your heart rate and burn some serious calories!

Core- Our focus in this class is to strengthen your stabilizing core muscles! Using your own body weight, BOSU balls, resistance bands, and more you will work to tone and strengthen your back, legs, butts and guts :D This will help improve your balance, posture, and movements for everyday life!

HIIT- Each HIIT class will provide a different routine for you! Always giving you something different to look forward to but always challenging your heart rate to its maximum potential and making you better with each class! A mixture of cardio and strength that will help your burn fat fast, raise your metabolism, and increase your endurance.

Spin- Stationary bike class that will increase your endurance and strength. The ultimate low impact, high intensity cardio workout!

Tabata- Very much like HITT, this class is just based on intervals. You will find the same challenges in this class but will work on a timer of 20 seconds of work followed by 10 seconds of rest.

Yoga- A system of physical postures and breathing techniques practiced in a calm, peaceful setting to promote strength, flexibility and bodily well-being.

AshTanga Yoga- A strong emphasis on building core strength, along with flexibility and balance, while linking movement with breath. This class will build through the primary series.

AshYin Yoga- Will begin with the strength, power, and mindful movement of Ashtanga style asanas and end with the deep stretching and peaceful mind of Yin-style postures.

BegAsh Yoga- Ashtanga Yoga is the gather of moder power yoga. This class will be a modified beginner Ashtanga Style, focusing on strength, power, and mindful movement.

Integrated Yoga- A well-rounded interpretaion of "Yoga at the gym." Built upon a foundation of integrating yoga into our daily lives. Made accessible to all. Staying connected to the lineage that has survived multiple millenia. Does NOT include chanting. Completes our "workout triad" of strength training, cardio and flexibility.

Practical Yoga- The linking of body movement wirh breath and sequential movement that interlinks postures to form a continuous flow. Vinyasa is a sequence of movements used to transition between sustained postures.

Zumba- An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed to music.